

Five tips for baby clothes

1

Keep it simple

In the early weeks, you'll probably spend most of your time at home, and your baby will be sleeping up to 16 hours a day, so the most practical and comfortable option is a bodysuit or vest (a short-sleeved all-in-one) and a sleepsuit or babygro (an all-in-one with long sleeves and legs, often with built-in feet).

2

Build up basics

Multi-packs are a great way to build up basics in a range of sizes. It's a good idea to buy newborn basics, as well as a few bits in the next size up (0-3 months), as your baby may grow out of them quickly (or not even fit into them in the first place). There's also plenty of choice for premature and tiny babies.

3

Easy does it

Dressing a newborn can be daunting at first, so look out for helpful features such as envelope necks, which make getting bodysuits over your baby's head easier, wrap-over vests that fold out flat, and popper fastenings for easy nappy changes.

4

Soft and gentle

Choose natural fabrics such as cotton that allow your baby's delicate skin to breathe, and wash everything in non-biological detergent before first use. Avoid anything that fastens down the back or has scratchy labels or seams.

5

Layer up

Whatever season your baby is born in, layering is the best way to keep them at the right temperature, as you can easily add or take off a layer. Your baby doesn't need to be wrapped up much more warmly than you – as a general guide, one layer more than you're wearing should be about right.



Checklist

- ☐ 8-10 bodysuits or vests
- ☐ 8-10 sleepsuits or babygros
- ☐ 2 cardigans
- ☐ 2 pairs of scratch mitts
- ☐ 2 hats
- ☐ Socks
- ☐ Warm jacket or snowsuit (in the winter)

Dressing in pregnancy

- You'll probably find your clothes feel a little tight by the end of your first trimester, and chances are you'll certainly need a new bra by then. Your bra size can change up to 4 times during pregnancy, so make sure you get properly measured every couple of months with our free in-store fitting service.
- Creating a practical capsule wardrobe of mix and match pieces is a great way to see you through your pregnancy (see page 126 for inspiration). Maternity jeans will be invaluable, especially if you can wear them for work as well as at weekends. Otherwise, look for simple but smart trousers and skirts, and pair them with a variety of tops. A dress that can be dressed up with heels for evenings out, or down with leggings for a more relaxed look, is a versatile choice. And while you might not want to splash out on lots of clothes that you'll only wear for a few months, treating yourself to a special item or two can really help you look and feel your best.
- Comfort is key, so look for soft, stretchy fabrics that will grow with you. When it comes to trousers, you can choose from under and over-bump styles, whichever feels most comfortable. If you go for under-bump styles, a support belt that can fill any gap and stop you feeling chilly is a good buy.